



## 2008-2009 Healthy Hoosier School Award Winners

In 2008-2009, ninety-two elementary, middle and high schools received the 2008-2009 Healthy Hoosier School Award – the most ever. Now in its six year, the Healthy Hoosier School Award is sponsored by the Indiana Department of Education, the Dairy & Nutrition Council, Inc. of Indiana and Whole Foods Market.

For more information and to begin the online application process, you are highly encouraged to organize your answers on the [paper application](#) prior to beginning the online application process. Only one application per school building may be submitted.

The application deadline is **April 1, 2010**.

For a complete list of winners from 2008-2009 and years past, go to [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org) and select Healthy Hoosier School Award.

“Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally and socially.”

*National Association of State Boards of Education*



## What is Action for Healthy Kids?

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and under-nourished children and adolescents. Healthy schools produce healthy students—healthy students learn better and achieve their true potential.



## Want to get involved?

Learn how you can become a member of Indiana Action for Healthy Kids or access resources to help you get efforts moving in your community, school and with your family. For more information go to [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org).



The Healthy Hoosier School Award is sponsored by



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS



**Apply Online**

2009-2010 Healthy  
Hoosier School Award

**Indiana Action for Healthy Kids**

[www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org)

## Healthy Hoosier School Award



## What is the Healthy Hoosier School Award?

The Healthy Hoosier School Award was developed by the Indiana Action for Healthy Kids Team. This award honors Indiana schools that have policies and educational programs in place to promote proper nutrition and increased physical activity among their students. The winners are selected for their exemplary level of commitment to create an environment that encourages children to have healthy habits. Schools have the opportunity to receive a gold, silver or bronze level award.



## Why have other schools applied?

"In our school district it is a matter of pride to know we meet the high standards expected of an award winner from Action For Healthy Kids. This process assists us in meeting the Wellness Policy Assessment requirements."

~Audrey Satterblom, Wellness Supervisor,  
Indianapolis Public Schools

"All Parkside stakeholders have worked very hard for this great accomplishment! We are very proud of our banners hanging in our gym, knowing we all had ownership in winning these awards! Many kids have improved their lifestyles by participating in this great program."

~Nora Coleman, Physical Education Teacher  
Parkside Elementary, Columbus

"The HHSa application process gave us the opportunity to evaluate our wellness efforts. We determined areas where we are doing well and areas that still need improvement. We were honored to receive the Silver Award."

~Kim Barrett, Principal  
Carmel Elementary

## Why should my school apply?

- Opportunity for your school to receive a monetary award and recognition for their commitment to addressing the health needs of students
- Use the responses from the application as school wellness assessment
- Applying for this award may help you secure future grants to assist with your school wellness initiatives



## How does my school apply?

1. Convene your Coordinated School Health Advisory Council and brainstorm the various ways in which you have collaborated to develop programs and provide services for the school and community.
2. All applications must be submitted online; however, you are first encouraged to organize your answers on the paper application available at [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org).
3. Read through the instructions and navigation tips for completing the award application online at this website.
4. When you are ready to complete the online application visit the website above and click on the Healthy Hoosier School Award link.
5. Only one application per school building may be submitted.
6. All applications must be submitted online by April 1, 2010.
7. If you have questions, please refer to the contact listed at [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org).

## Get Involved Today!

You can make a difference! Make a pledge today to **TAKE ACTION!** Some ideas to get you started are listed below.

### Action for Healthy Kids

- Join Indiana Action for Healthy Kids as an active member who organizes activities, events, and strategies.
- Join Indiana Action for Healthy Kids in a leadership role.
- Join Indiana Action for Healthy Kids as a member who wants to stay informed.
- Join Indiana Action for Healthy Kids to learn about how to make your school healthier.

### In Your Community and School

- Suggest healthy snacks during staff/faculty meetings Offer to bring one and share the recipe.
- Ask about the food served at day care, after-school care, and in the classroom. Encourage non-food rewards.
- Insist upon non-food or healthy food fundraising. Share some creative ideas.
- Call your school board member and ask where they stand on nutrition and physical activity. Offer relevant research and fact sheets from AFHK.
- Set up an AFHK presentation at your school with teachers to show the importance of student and staff wellness.
- Write a letter of support to your school superintendent and school board for adequate recess time, regular physical education, and/or healthy options in vending machines.
- Meet with your principal and discuss why it is important to offer healthy foods.

Go to [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org)  
for resources!